The Impact of Healthy Lifestyle Intervention Program on Healthy Lifestyle Awareness, Dietary Habits, Physical Activity Level and Fitness Test Scores of School Children

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1.1 Introduction

India's children and youth will make up a major proportion of the world's workforce and will drive the country's economy. In around four years, India's working population, consisting of today's youth, is slated reach to around 87 crore, the largest working population in the world. The economic growth should ideally shoot up and we will earn what is called the demographic dividend. The benefits of physical activity have been well established and linked to better health outcomes, academic performance, and overall productivity. But report indicates that physical activity is a global problem and it is more severe in India as indicated, which will help in bringing higher focus on issues related to Physical activity and sedentary lifestyles and initiate discussions to derive effective solutions. Dietary and lifestyle factors play an important role in the development of non-communicable diseases (NCDs), like diabetes, cardiovascular diseases and obesity .

The prevalence of the conditions of over weightiness and obesity are at an all time high among children and adolescents. This obesity epidemic reflects the problem that children are not engaging in enough physical activity. Physical activity is a key component energy balance equation, providing a major outlet for daily caloric usage. Physical activity should be encouraged among children and adolescents based on the assumption that a positive experience with physical activity in childhood and adolescence will promote healthy behaviors that will continue throughout a lifetime. Lifelong participation in physical activity helps lower the risks of several chronic diseases as well as the risk of premature death and the active adult will more likely see the physiological effects of daily exercise.

A reduction in outdoor activities and a preference for indoor activities such as TV viewing could partially explain the rise in childhood obesity rates .A few studies conducted up to day in India about the association between metabolic and contextual causes of obesity in children, found some relevant links among weight increase and a general reduction of physical activities, enhanced by sedentary lifestyles. As highlighted by small scale studies, realized in the 1990s and based on urban samples, the proportion of the overweight population in Indian towns and cities is large and increasing, ranging from 33 % to51 % .

A progressive transition of Asian population from rural to metropolitan areas may explain the rapidly escalating epidemics of NCDs in large urban contexts [20].Furthermore, as pointed out by Ramachandran et al. [5]lifestyle changes resulting in decreased levels of physical activity and increased intake of energy dense diet could be related to three main reasons: 1) a nutrition transition, with a rising prevalence of obesity and overweight in the general population in developing countries, especially in South-Asia 2) introduction of fast food consumption products (snacks and soft drinks) and finally 3) migration processes from rural to urban areas .

In order to try and avoid the development of chronic diseases later in life the introduction to physical activity at an early age has been advocated in an effort to help children establish and maintain healthy lifestyle choices that include the incorporation of daily physical activity participation. Childhood Recommendations

The Council on Physical Education for Children (COPEC) developed appropriate physical activity guidelines for children. Elementary school-age children should accumulate 30 to 60 minutes of age and developmentally appropriate physical activity from a variety of physical activities on all, or most, days of the week. An accumulation of more than 60 minutes, and up to several hours per day of age and developmentally appropriate activity is encouraged.

India fared poorly in Government Strategies and Investments. it is found that Families and educators play an important role in providing children and youth opportunities to be physically active. Thus, strategies to increase physical literacy and physical activity among these stakeholders would have a direct impact on child and youth physical activity.

Schools have the potential to improve the health of young people by providing instruction, programs, and services that promote enjoyable, lifelong physical activity. Research has found that schools are efficient vehicles for providing physical activity instruction and programs because they reach most children and adolescents. Researchers examined a school based exercise and nutrition program that included parent participation. Thus there is a need of study to improve life style of school children to make it habit for them to live a healthy life.

1.2. Statement of the Problem

Schools are the most efficient avenue for implementing physical activity instruction because they reach most children and adolescents. Much of the research has focused on how to improve daily participation in physical activity both within and outside the school setting. The goal of these studies in addition to increasing physical activity participation is to help introduce children to a variety of activities and information at an early age in order to help establish healthy lifestyle behaviors that will become habit and continue throughout a lifetime. Schools have the potential to improve the health of young people by providing instruction, programs, and services that promote enjoyable, lifelong physical activity.

So the researcher has decide to conduct a study **"The Impact of Healthy Lifestyle Intervention Program on Healthy Lifestyle Awareness, Dietary Habits, Physical Activity Level and Fitness Test Scores of School Children"**

1.3. Objectives

The following are the major objectives of the undertaken study.

- To asses the level of healthy lifestyle awareness, dietary habits, physical activity level and fitness level of school children by conducting pretest.
- To prepare and implement a Healthy Lifestyle Intervention Program on School Children.
- To asses the level of healthy lifestyle awareness, dietary habits, physical activity level and fitness level of school children after intervention program.
- To examine the effectiveness of Healthy Lifestyle Intervention Program on school children by comparing pre and post test data.

1.4. Assumptions

- It is assumed that the children will give their 100 % during the pre and post test.
- It is assumed that the children will give their 100 % while following the Healthy Lifestyle Intervention Program.

1.5 Hypothesis

H_1: There will be significant difference in the healthy lifestyle awareness, dietary habits, physical activity level and fitness level of school children because of the Healthy Lifestyle Intervention Program.

H_{01}: There will be no significant difference in the healthy lifestyle awareness, dietary habits, physical activity level and fitness level of school children because of the Healthy Lifestyle Intervention Program.

1.6. Delimitations

The study will be delimited to ICSE school children.

The study will be delimited 10 to 13 years children.

1.7. Limitations

- The collection of data for home activities will be self and parent reporting which will be considered as the limitation of the study.
- The researcher will take help of physical education experts to conduct the program at school, so the commitment of the help can be considered as limitation of the study.

1.8. OPERATIONAL DEFINITIONS

- Healthy lifestyle awareness- For this study it would be defined as
- Dietary habits- For this study it would be defined as eating routine of school children
- Physical activity level - For this study it would be defined as the organized and unorganized physical activates ,play, games that children engage at school, P.E class, home .
- Fitness level - For this study it would be defined as cardiovascular endurance, flexibility and muscular endurance.
- Healthy Lifestyle Intervention Program- For this study it would be defined as a combination of home and school base activity program which would include fitness activities, knowledge workshop, games and diet suggestions for the children.

1.9. SIGNIFICANCE OF THE STUDY

Physical education plays very important role in overall development of society so this study has great significance.

- The research is significant as early participation in healthy lifestyle behaviors in order to help establish healthy habits that last a lifetime.
- Early childhood is the time to introduce children to physical activity that is both enjoyable and beneficial to their health.
- This research will help to understanding the variables that affect participation, physical and health education teachers need to develop and implement programs to improve the healthy lifestyle of school children.

This research study will help to gain an understanding which will eventually help to develop physical education as whole.

2. Review of related literature

Sallis and Patrick (1994) suggest that there is substantial interest in promoting physical activity for children and adolescents in order to prevent adult diseases early in life. Further, they suggest two health-related rationales for promoting physical activity in children and adolescence. First, physical activity promotes physical and psychological health and well-being during childhood and adolescence.

Second, participation in regular physical activity during childhood or adolescence may increase the probability that children will become active adults. This second rationale, promoting physical activity at a young age so that positive physical activity habits may be established early, is perhaps most important. To date, limited evidence is available to demonstrate that physical activity levels do track through childhood and adolescence to adulthood.

McKenzie et al. (1993) suggest that schools share more of the responsibility for increasing children's physical activity levels. They suggest offering planned physical activity opportunities for children and adolescents throughout the school day that reach beyond already provided recesses and lunch.

Physical activity intervention studies presented by Dishman and Buckworth identify 127 studies that examined the benefits of increasing physical activity levels. The meta-analysis examined over 131,000 participants (children, adolescents, adults) in a

variety of settings (home, community, school, and worksite). Results o f this meta-analysis suggest that physical activity intervention programs can increase activity levels.

Luepker et al. (1996) reported findings from the Child and Adolescent Trial for Cardiovascular Health (CATCH) program. Results regarding physical activity levels for CATCH indicated that treatment students, those who received increased time for physical activity during physical education class, had higher mean scores on a self-report of physical activity compared to control group subjects. Further, treatment students participated in more vigorous physical activity. This finding suggests school based intervention programs can increase students' physical activity levels.

3. Method and Procedure of Study

3.1 Populations and Sample

3.1.1 Population

The populations for this study is are ICSE School going children who are in their early child hood stage aged between 12 to 13 years in age.

3.1.2. Sample

Sample selected from the total schools of ICSE schools in Pune District by purposive sampling method. The sample size for the study will be selected using convenience sampling method from standard 5^{th} and 6^{th} from Vidya Valley School, Pune.

3.2 Data collection tool and Procedure of study.

Data Collection Tool

For the current study the data collection tool would be as follows:

- Healthy lifestyle awareness, Dietary habits and Physical activity level - For the purposes of this study a questionnaire will be developed from other research projects assessing lifestyle awareness
- Fitness level- For the purposes of this 9 minute run walk, Sit and reach,, sit ups and push up test ewll be used

Procedure of the study would be as follows

- To study research related reviews and articles.
- To prepare questionnaire and fix the test.
- Taking experts opinion and suggestions and finalizing the test.
- Pilot study will be conducted and make necessary changes.
- Conducting Pretest.
- Preparing the intervention program.
- Conducting post test.
- Collect the information through questionnaire and gather Data
- Analyze the collected data.

3.3 Statistical tools

The statistics to be used for the study is descriptive statistics (mean, mode and median). Paired sample t-test and will be used to test the entire research hypotheses.

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